

## Fluoride and Drinking Water



Connecticut Water Company understands that some customers prefer that their drinking water be fluoridated while others do not. The primary benefit of drinking water fluoridation is reduced risk of tooth decay in children. It is Connecticut Water's policy to fluoridate only when required by state law. Connecticut Water believes the decision to fluoridate public drinking water is a public health issue best decided by state and federal health officials.

The Connecticut Department of Public Health (DPH) requires public water systems serving 20,000 or more people to add fluoride to drinking water. This is based on the number of people served by a particular water system within the company and not the entire population served by the company. Connecticut Water complies with this requirement in all of our systems serving 20,000 or more people.

**All Connecticut Water customers receive fluoride except those in the following towns:**

|   |            |               |            |             |            |            |
|---|------------|---------------|------------|-------------|------------|------------|
| Amston  | Canton     | Deep River    | Griswold   | Mansfield   | Plainfield | Thomaston  |
| Ashford   | Chester    | East Haddam   | Hebron     | Marlborough | Plymouth   | Thompson   |
| Avon  | Colchester | East Hampton  | Killingly  | Middlebury  | Portland   | Voluntown  |
| Brooklyn  | Columbia   | Crescent Lake | Lebanon    | Moodus      | Stafford   | Willington |
| Burlington  | Coventry   | Essex         | Manchester | Old Lyme    | Storrs     | Woodstock  |
| Llynwood System in Bolton and a portion of Vernon |            |               |            |             |            |            |

The water provided to Unionville customers through the MDC interconnection has fluoride but typically at levels lower than recommended by DPH.

In the systems fluoridated by Connecticut Water, the fluoride level is maintained between 0.8 and 1.2 ppm. Generally if the water is fluoridated at this level, children do not need fluoride supplements. Consult with your pediatrician or dentist to determine whether fluoride supplements may be advisable for your child.

**Naturally occurring fluoride is present in the water delivered to customers of the following systems and is not added by Connecticut Water:**

| Town                           | System   | Level            | Town         | System             | Level            |
|--------------------------------|--|------------------|--------------|--------------------|------------------|
| Amston                         | Wellswood Village                              | <0.10 - 0.34 ppm | East Hampton | Spice Hill         | 0.20 ppm         |
| Amston /Lebanon / Hebron       | Amston Lake                                    | 0.20 ppm         | East Hampton | Westchester East   | <0.10 ppm        |
| Ashford                        | Ashford Elderly                                | 0.25 ppm         | Hebron       | Christ Lutheran    | 1.7 ppm          |
| Bolton and a portion of Vernon | Llynwood System Bolton and a portion of Vernon | 0.4 - 0.6 ppm    | Hebron       | Hebron Center      | 0.10 - 0.38 ppm  |
| Columbia                       | Columbia Heights                               | <0.10 - 0.25 ppm | Hebron       | London Park        | 0.14 ppm         |
| Coventry                       | Nathan Hale System                             | 0.7 to 1.4 ppm   | Hebron       | Mill at Stonecroft | 0.14 ppm         |
| Coventry                       | General Water                                  | 0.70 ppm         | Lebanon      | Lebanon Elderly    | 0.17 ppm         |
| Coventry                       | Lakeview Terrace                               | 0.5 to 0.7 ppm   | Marlborough  | Sachem Village     | 0.40 - 0.86 ppm  |
| Coventry                       | Lakewood Heights                               | 1.0 to 1.8 ppm   | Portland     | Rivercrest         | 0.18 ppm         |
| Coventry                       | Pilgrim Hills                                  | 0.19 ppm         | Storrs       | Crystal Springs    | <0.10 - 0.76 ppm |
| East Haddam                    | Lake Hayward                                   | 0.23 ppm         | Willington   | Riversedge         | 0.56 ppm         |
| East Hampton                   | Baker Hill                                     | 0.10 ppm         |              |                    |                  |

Fluoride levels in the above systems are well below the maximum level established by DPH of 4.0 ppm. A part per million (ppm) is equal to one penny in \$10,000.

If you are unsure which system serves your home, please call a Customer Service representative at 1-800-286-5700 to identify the system by your street address.